

Halloween: Have Fun *and* Stay Safe and Healthy!

[Announcer] *This podcast is brought to you by the Centers for Disease Control and Prevention. CDC - safer, healthier people.*

[Chris] Hi kids! Welcome to CDC Kidtastics Radio! I'm Chris Kidtastic. Today, we're talking about how to stay safe on Halloween!

[Karmen] We *love* Halloween but there are some things we need to remember so we don't get sick or hurt.

[Kaya] There are lots of things, like always go trick-or-treating in a group, *never* by yourself. It's even safer to go with an adult.

[Chris] And put reflective tape on your bag and costume to help drivers see you at night.

[Karmen] Yeah, and be sure to take a flashlight if you're going to be out after dark.

[Caydan] Be careful if you have a costume that requires make up. You should test it on a small area to make sure it doesn't irritate your eyes or skin. Wash it off as soon as you get home, before you go to bed.

[Kaya] Always look both ways before you cross the street. If there's a crosswalk, use it; that's the safest place to cross a street.

[Chris] Always walk on the sidewalk. If there isn't a sidewalk, walk right next to the edge of the road, against traffic.

[Karmen] Does that mean on the side of the road where the cars are coming toward you?

[Chris] Yes! If you're walking, it's safer.

[Karmen] My costume has a VERY SCARY mask!

[Caydan] If your costume has a mask, make sure it fits so you can see really well. And, make sure your shoes fit well so you don't trip.

[Chris] Some costumes can catch on fire easily, so stay away from candles and open flames!

[Kaya] Never eat a homemade treat unless it came from someone you know really well. Also, never enter homes unless you are with a trusted adult. Otherwise, stay outside.

[Karmen] That's all the Halloween tips we have right now. The Kidtastics hope you have a safe, healthy, and FUN Halloween!

[Chris] Thanks for listening to CDC Kidtastics Radio. We'll talk to you again soon. Until then... be a safer, healthier kid!

[Announcer] For more health information, go to www.cdc.gov or call 1-800-CDC-INFO, 24/7.